



Pregnant Women Immigrants and Refugees

SUS IS FOR ALL

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CIDADE DE
SÃO PAULO
SAÚDE

Prenatal care is a right of all immigrants and refugees women in Brasil because the Sistema Único de Saúde –SUS (Unified Health System) is public, free and guarantee the universal access.

In São Paulo, the Mother Paulistana Protection Network, also Rede Cegonha (Stork Network), is one of the strategies of SUS to assist the mother during the pregnancy cycle, from the pre-natal appointments, childbirth, the postpartum period until the baby's second year of life.

YOU THINK THAT YOUR PREGNANT, WHAT TO DO?



The woman with suspected pregnancy should seek the nearest health service (UBS) of your home, work or school and do a pregnancy test, for free. If the pregnant is confirmed, should be registered in the program. To sign up, the SUS card is made in the UBS.

IF YOUR PREGNANT...

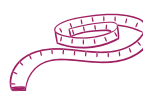


It's important to initiate the prenatal care early (before 3 months pregnant) and go monthly to the appointments.

In all appointments are evaluated:



Blood pressure



The size of the belly



Mother's weight



And listen to the baby's hearth

Some of the tests ordered during pregnancy are: blood typing, serology for toxoplasmosis, blood glucose, serology for HIV, syphilis, hepatitis, urine and faeces and ultrasound. Ask about vaccination, promoting breastfeeding and natural childbirth.

The pregnant woman has the right to the presence of her husband or a person of her trust during all prenatal appointments, birth labor and the childbirth.



Natural childbirth is very important, because there are numberless benefits to women's health (faster recovery, less risk of infection and bleeding) and child's health (Easier breast-feeding and affective bond).

Try to know the hospital where you are going to have your baby, the health service (UBS) may give you the address.

Another option are the Birthing Houses:

Casa de Parto Ângela
(11) 5852-5332

Casa de Parto Sapopemba
(11) 2702-6043



CARES FOR WOMEN DURING PREGNANCY



Try to keep a balanced diet to avoid excessive weight gain (ideally gain 1 kg / month), avoid eating candies, food with excess carbohydrates (pasta), fried food and processed food.

Prefer eating more fruits, vegetables, soy, fish, rice and beans. Perform physical activity, even something like walking regularly.